

The Preventative Health Sciences Clinic

Corporate Wellness and Intervention
Programs

Jacob C. Velie, CPT
Chairman & CEO

Preventative Health Sciences Clinic

PHSC Overview

- Preventative Health Group started in 2006 working primarily as an educational resource to referring medical providers.
- After 2 years of designing educational programs for patients and clients and aiding in changing their health, PHG added the clinical division of the company.
- Preventative Health Sciences Clinic now provides both holistically-focused Family and Physical Medicine, and accepts almost every insurance plan in the state of Iowa.
- We now deliver one of the most comprehensive, integrative and medically-supervised lifestyle education programs in the Midwest

The current status of healthcare

- Increased incidence of disease with immense increases in the amount of care distributed and the cost of distribution.
- Explosion of preventable disease in the U.S.. Roughly 80-85% of our current diseases and healthcare costs are contributed by this category of disease.
- Our current conventional medical model has a goal of disease management which focuses acutely on the detection and diagnosis of symptoms and consequently is reactive in nature.
- The typical patient is not being encouraged to take personal responsibility for their health but to merely accept that their symptoms are not able to be eliminated or resolved and to put up with disease management for the rest of their lives.

The crisis lies...in our hands

- Preventable disease is defined as a set of symptoms that occurs from physiological processes that are unable to regulate due to lifestyle or environmental factors.
- The vast majority of disease or “symptom sets” that we all can think of fall into the preventable category. Here are a few examples: diabetes, cancer, heart disease, hypertension, COPD, asthma, GERD/heartburn, depression, obesity/metabolic syndrome, chronic fatigue/fibromyalgia, arthritis, sleep apnea, and most musculoskeletal ailments.
- Our current, most commonly used interventions do not actually direct attention to the cause of these disease but merely the symptoms—hence no resolution of disease and lifelong spending



The proper definition of health is...

Here is a definition I took off the internet—what is wrong with this picture based on what we just learned?

“a healthy state of wellbeing free from disease; "physicians should be held responsible for the health of their patients”

Being free from disease does not mean disease management. A healthy individual needs no intervention to experience maximum enjoyment of life and potential.

If true health was the focus of our healthcare system it would result in much less spending and much better quality of life



How do we inspire a shift in society?

At PHSC, we have identified the best things that support prevention and healing as the therapeutic processes and lifestyle factors that support/engage the body's innate intelligence that each person's body holds to accomplish optimal functioning of the body and mind.

The product/results of this approach in our clinic has been observed in reduction of dependence on the healthcare system and costly life-long interventions.

What are the factors involved in health?

- Intake- nutrition has changed drastically over the past several decades
- Movement- physical activity has been reduced in our daily lives and needs to find it's way back in
- Mind/Body understanding- most people have no idea of the profound relationship between their minds, brains, and bodies—it matters to our health and may be the most important dynamic of all
- Self-care- we have forgotten how to take care of ourselves and have limited knowledge of our options to accomplish daily healing and restoration

In evaluation of our current approach to “getting healthier”...it isn't working'

- Dieting and weight loss programs have only seemed to increase an obsession with false hopes and focus and have only led to more weight gain and dieting.
- Lowering cholesterol, blood sugar, and blood pressure have hardly slowed the progression of heart disease, diabetes, cancer and obesity...it is on the rise.
- Reactive medicine and a system that is fueled by sickness rather than health has bred more sickness and disease than we know what to do with—hence we are in crisis and looking for solutions. Remember, health is the simple answer to a crisis of sickness.

PHSC Integrative Healthcare

- Holistic-focused, Integrative Primary Care (Internal/Physiological sciences) oversees all educational processes and works with each participant to reduce/eliminate medication as they take control of specific areas of their health (e.g. blood pressure, cholesterol, sleep apnea, depression).
- Physical Medicine(Musculoskeletal/Neuro/Ortho sciences) to address any physical pain combining PT, rehab and chiropractic. Evaluate postural needs of participants as they begin or continue physical activity.
- Holistic Nutritionist (Food/Biochemical/Physiological sciences) focused on teaching the science behind meal planning, consumerism, food preparation and cooking and educating how food origins effect human physiology.

PHSC Integrative Healthcare, cont.

- Pharmacy Review- Review medications on intake.
- Exercise Physiologists (Exercise/Functional sciences) providing individualized and customized personal training sessions to help guide participants in evaluating exercise goals/needs and establishing a plan of action to serve each person's health.
- Holistic Psychotherapy- provides classes and educational support on the functions and connections of the brain to the body (neuroscience), beliefs and habits, and emotional health how to create a healthy psychological process of improvement.

Combining all of these providers and coaches in one process has created some of the most positive and progressive health results we have ever seen in healthcare—it works well and patients love it.



Preventative Health Sciences Clinic

Family Medicine, Physical Medicine, Lifestyle Programs

We accept all insurances and Flex Benefits

2480 Berkshire Parkway, Suite B

Clive, IA 50325

(515)987-4032

www.phsclinic.com